**Brilliant Brains**

Monthly Campaign Announcements

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| **Day 1** | This month we will be learning all about our *Brilliant Brains* and what we can do to help our them work twenty-four hours a day, seven days a week, three hundred and sixty-five days a year! Throughout the month, we will learn ways that physical activity, healthy eating, and positive mental health can help our brains develop in a healthy way. |
| **Day 2** | Eating healthy foods gives our brain the fuel it needs to develop properly. All those nutrients go straight to our brains, helping them to grow. Foods like vegetables, fruits, and whole grains have a lot of vitamins and minerals that help our brains grow big and strong. |
| **Day 3** | Have you ever heard of the food-mood connection? When we eat different foods, different chemicals are released in our brains, and this changes how we feel! Sometimes when we feel hungry, we get cranky. Whole grains like whole wheat toast or cereal will help you feel fuller for a longer time. This will help your brilliant brain control your mood! |
| **Day 4** | Yesterday we learned about the food-mood connection. There is also a mood and water connection. If you are feeling a bit drowsy, drink some water to stay hydrated and energize your brilliant brain. Drinking water throughout the day is important to keep your brilliant brain healthy! |
| **Day 5** | Our brains need lots of energy to work all day. If you’re feeling a little tired, a healthy snack can energize your brain and help you focus. Try eating an apple, or banana for a quick boost of energy to your brain! |
| **Day 6** | Vitamin D is an important nutrient for our brains, it helps to keep them healthy. In the summer, you can get a lot of vitamin D by playing outside in the sun. On a cold winter day, you can still get vitamin D by eating tasty choose-most-often foods like eggs, soy milk, or fish! |
| **Day 7** | When you exercise and your blood starts pumping, oxygen and all sorts of nutrients get delivered to your brain. Every part of your brain is activated when you exercise, but only a small part of your brain is used when sitting quietly. Exercise awakens your brain and allows you to learn better. |
| **Day 8** | Exercise helps our brains to grow. The hippocampus is the main part of the brain where your memories are stored. When we exercise, the hippocampus gets bigger and our memories improve! Let’s do 20 high knees to get our blood pumping and our brains going! Stand up! Ready, set, go! |
| **Day 9** | Yesterday we learned about a part of the brain that stores memories. If you remember the name of that part of the brain, tell your teacher! Need a hint? The name of that part of your brain begins with the name of a large, grey animal!  *Answer: Hippocampus* |
| **Day 10** | Now is a great time for an activity break to wake our brains for the day. Everyone stand up next to your desk and get ready to do 10 lunges. Ready, set, go! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Nice job everyone. |
| **Day 11** | We learn best when our brains are activated after getting some physical activity. Try to be active at recess today so you are ready to learn when you come back in for class! You could play a game with friends or go for a walk around the school. |
| **Day 12** | We know that physical activity and healthy eating does wonders for our brilliant brains! Did you know that getting a good night’s sleep helps your brain to rest and recover after each day? Try to get 9-11 hours of sleep each night to take care of your brain. |
| **Day 13** | Our brains are healthier and happier when we take care of them by eating healthy foods and being physically active. These health behaviours help us feel better and happier. When we feel better, we can focus on having a fun day at school. Let’s keep taking care of our Brilliant Brains! |
| **Day 14** | Ready for a joke?  What did the hippocampus say during its retirement speech?  “Thanks for the memories!”  Laughing is a good way to create positive emotions like happiness or excitement. These emotions help to keep our brilliant brains healthy and happy! |
| **Day 15** | Have you ever heard of grey matter? Grey matter is made of the nerve cells in your brain. This is where your thoughts and decisions are created. Our brains produce new brain cells when we exercise, and this means we develop more grey matter! With more grey matter we can make better decisions. |
| **Day 16** | Yesterday we learned about grey matter. We also have white matter. These are like highways in our brains! When you make a decision or learn something new, the new information travels around your brain through the white matter. Aren’t brilliant brains neat? |
| **Day 17** | We use our brains to think all day, every day. Did you know that being physically active improves your brain’s ability to think and solve problems? The prefrontal cortex is a part of the brain that controls thinking. It actually gets bigger when you exercise. Physical activity is a great way to have fun and keep our brilliant brains healthy! |
| **Day 18** | The brain is a very important organ in our bodies! Did you know that your brain uses over 20% of all the energy you consume in food? Your brilliant brain works very hard to help you learn all day, so it uses a lot of energy. Eating a healthy snack like whole grain crackers and hummus can refuel your brain for the rest of the day! |
| **Day 19** | Your brain will keep growing and changing throughout your whole life! The nutrients from your food are the building blocks for your brain to grow. When you are physically active, more blood flows to your brain, which means that there are more nutrients going to your brain to help it grow big and strong. |
| **Day 20** | Are you ready for a great day of learning? Let’s exercise to wake up our brilliant brains for the day ahead. Everyone stand up and get ready for 10 jumping jacks. Ready, set, go! 1, 2, 3, 4, 5, 6, 7, 8, 9, 10! Great work everyone! |
| **Day 21** | Being physically active and eating healthy food is enjoyable and good for your brain. Try doing those activities with other people like your friends and family so they can have brilliant brains too. Talking and having fun with others releases endorphins in our brains which make us feel happy and healthy! |
| **Day 22**  **-Second to last day of the month** | We have been learning a lot of tips on how to take care of our brilliant brains. Turn to the person next to you and tell them something you like to do to keep your brilliant brain healthy and happy. Maybe you’ll learn a new way to take care of your brilliant brain! |
| **Day 23**  **-Last day of the month** | This month we learned many different ways to take care of our brilliant brains. Your brain is a very important part of you. Being physically active and eating nutritious foods helps us care for our brains and become the best learners possible! |